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## Contact Us

### CFHA Maintenance

(928) 213-2731

### East Flagstaff Housing

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### Clark Homes

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Phone: (928) 779-1247

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& Fri 8am - 12pm

General Phone: (928) 213-2730



## Current Precautions: Lobby Closure, Maintenance Work Orders, No Door-to-Door, and More

**To keep staff and residents healthy, please take note of these changes in service:**

### 1) Front Lobbies are closed.

However, staff are at work to continue to serve residents.

### 2) Only Health & Safety Maintenance Work Orders Will Be Immediately Completed.

Other work orders will be completed once we can ensure that staff and residents will be at minimal health risk.

**3) Submit Change Reports to your Specialist ASAP.** We will be processing rent reductions with an expedited process to insure that rents remain appropriate and affordable including waiving

face-to-face appointments.

**4) Clark Homes Neighborhood Network and the SHAC are currently closed and activities suspended.**

**5) Annual Recertifications will be Performed by Mail.** An office appointment will be required when our Lobby has reopened.

**6) Annual Inspections Are Postponed for the Time Being.**

**7) Please discourage door-to-door sales, including by children, at this time.** Be aware of risk to self and others.

Lastly, Clark Homes and Public Housing newsletter will be combined for the time being.

# FLAGSTAFF HOUSING AUTHORITY

3481 N Fanning Dr, Flagstaff, AZ 86004  
(928)213-2730 FAX (928)526-3734 TTY 711



The Housing Opportunity Through Modernization Act (HOTMA) requires all Public Housing Authorities to implement rules for treatment of over income families in Public Housing when the family income exceeds 120% Area Median Income for two continuous years. Under the HOTMA we have the option to implement a policy that will either result in termination of tenancy for over income families or increased rent to 100% of the HUD Fair Market Rent (a 25% increase over the Flat Rent) The Housing Authority Board passed a Resolution to have an increased rent, not termination of tenancy.

To give an example the current income limit for a family of four (4) would be \$91,620 per year. The enhanced rent for a three (3) bedroom home would be \$1,611 per month.

Additionally, when a family is identified as over income they may be reevaluated outside of the regularly scheduled recertification or annual update cycle.

These changes are effective April 1, 2020

*The City of Flagstaff Housing Authority does not discriminate on the basis of handicapped status in the admission or access to, or treatment or employment in, its federally assisted programs and activities.*

*Please contact the Maintenance Manager / CFHA 504 Coordinator with questions or concerns (928) 213-2753*

## **Food Resources:** Expensify, FUSD, and Family Food Center

Food access is as important now as ever. Here are a few resources to help stock the pantries and keep food on the table.

### **Expensify: SNAP Purchase Reimbursement**

Download Expensify on iOS or Android, for free. Purchase food as normal with your SNAP card. Join the Expensify.org/hunger policy. SmartScan the receipt, which will tell Expensify how much you paid and show that it was paid for with an EBT (SNAP) card. Submit it to [volunteer@expensify.org](mailto:volunteer@expensify.org). Set up your bank account to receive the funds. So long as Expensify has funds, they will reimburse up to \$50 per family (one time), the very next day.

### **Flagstaff Unified School District Facebook Page**

FUSD is posting food resources for school-aged children on their Facebook page at [facebook.com/FUSD1](https://facebook.com/FUSD1). We are also sharing these posts as we become aware of them. "Grab & Go" breakfast and lunch are available 8:30-12:30 at Coconino High School, Cromer, Killip, Kinsey, Leupp, Marshall, and Thomas Elementary Schools. Children must be present for pickup, but do not need to attend that school to receive a meal.

### **Flagstaff Family Food Center**

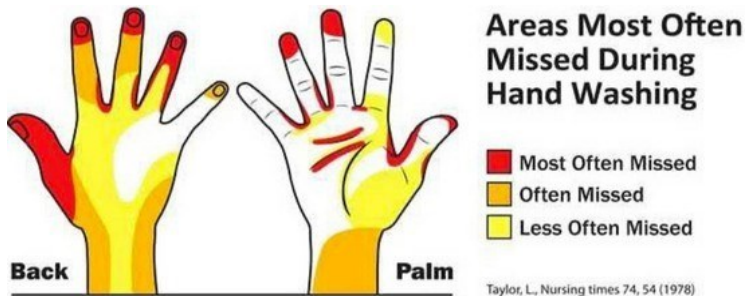
The Flagstaff Family Food Center continues to provide food boxes for pickup at 3805 E Huntington Drive, 9am - 1pm Tuesday through Saturday. They are also looking for healthy workers and volunteers! See [hotfood.org](http://hotfood.org).



## COVID 19 (Coronavirus Disease) & What to Know

COVID-19 (the novel Coronavirus) has impacted every aspect of our community. It is important for all of us to work together to keep everyone safe. Here's what to know:

- ♦ To prevent illness, **avoid being exposed to those with symptoms** and avoid travelling to where others may be sick.
- ♦ **Respiratory droplets** from when a sick person coughs or sneezes move the virus; when those droplets reach mouths, noses, and eyes, it can infect a new hosts' lungs.
- ♦ **Social distancing** means keeping six-feet between yourself and others and **staying home whenever possible**. This limits exposure to the virus, limiting its spread.
- ♦ **Wash your hands with soap and water often for at least 20 seconds.**



- ♦ If soap and water are unavailable, **use hand sanitizer** with 60% alcohol or more.
- ♦ **Avoid touching your eyes, nose, and mouth with unwashed hands;** your hands may have picked up the virus.
- ♦ **Stay home if you're sick**, except to seek medical care.
- ♦ **Cover your mouth and nose with a tissue when you sneeze** or use the inside of your elbow. Immediately throw tissues away, then wash your hands.
- ♦ **If you are sick, wear a facemask.** If you care for someone who is sick and they cannot wear a facemask, wear a facemask. Otherwise, leave masks to professionals.

- ♦ **Clean and disinfect frequently touched surfaces at least daily:** counters, desks, doorknobs, handles, phones, etc.

### Information Centers

To understand the situation, refer to trustworthy sources like government websites:

- ♦ City of Flagstaff Alert Center is at [flagstaff.az.gov/AlertCenter.aspx](https://flagstaff.az.gov/AlertCenter.aspx)
- ♦ Coconino County's COVID-19 Information page is [coconino.az.gov/2293/COVID-19Collaborator-Information](https://coconino.az.gov/2293/COVID-19Collaborator-Information), the call center is at **(928) 679-7300**.
- ♦ Center for Disease Control information is at [cdc.gov/coronavirus/2019-ncov](https://cdc.gov/coronavirus/2019-ncov). For more information on Coronavirus, see [cdc.gov/coronavirus/2019-ncov/prepare/prevention.html](https://cdc.gov/coronavirus/2019-ncov/prepare/prevention.html)
- ♦ Flagstaff Unified School District: School closures have been extended to 4/10 at time of printing. Grab and Go meals are available (see page 5). For more information, see [fUSD1.org/coronavirus](https://fUSD1.org/coronavirus).
- ♦ Mountain Line Schedules and Policies can be found at [mountainline.az.gov](https://mountainline.az.gov). Check their **What's New** section for the latest changes.
- ♦ Northern Arizona Healthcare Hotline is **(928) 679-7300** if you have health questions.

When encountering suspicious or inflammatory information, make sure it is from a reliable source such as a government website or reputable news media. When in doubt, check the CDC for medical information.

### Utility Assistance: Electricity & Internet

Have difficulty paying your energy bill? APS will keep power on despite non-payment and waive late fees. Call **(800) 253-9405**, M-F, 7am -7pm or visit [aps.com/support](https://aps.com/support) for more info.

Suddenlink is offering 60 days of free internet for households with students. **(888) 633-0030** or [AlticeAdvantageInternet.com](https://AlticeAdvantageInternet.com) for more.





## Recipe of the Month: Quiche!

Quiche is an egg custard pie that is an excellent base recipe for you to customize or make several at once! Below is a basic recipe and options for customizing it. Quiche is an affordable dinner or breakfast dish, travels well, and is great for leftovers.

*Recipe and image from "Sally's Baking Addiction" from <https://sallysbakingaddiction.com/quiche-recipe/>.*



### Ingredients

1 unbaked pie crust                      4 large eggs  
1/2 cup heavy cream                      1/4 tsp salt and pepper  
Up to 1 cup shredded or crumbled cheese  
Up to 2 cups add-ins (recommendations below)  
Optional: top with cheese, herbs, sauce, salt & pepper

### Crust Preparation, For a Crisper Crust

If you have a favorite savory pie crust recipe, go for it! Alternatively, pick up a raw 9-inch crust, roll it out and fit it to a 9-inch dish. You can crimp (pinch) or flute (cut or press with a fork) the edge around the lip. Chill the crust for 30 minutes or more and pre-heat the oven to 400 F. Line the crust with parchment paper and pour in dry beans to weigh it down. Bake for about 15 minutes, until lightly brown. Remove the parchment and beans, bake for 8 more minutes.

### Directions

1. Whisk or blend together eggs, milk, cream, salt, and pepper until completely combined.
2. Whisk in add ins. Find your favorite, but bacon, sharp cheddar, and scallion; ham, spinach, and feta; or black bean, green chile, and mild cheddar are each a good place to start!
3. When crust is "partially blind baked" (as above), reduce oven to 350 F. Add egg mixture to crust, which can be hot. Place in oven.
4. Bake for 45-55 minutes until quiche is just about set. Foil can be wrapped to prevent overbaking.
5. Remove from the oven and allow to set for 15 minutes, top as desired, and serve. Enjoy!

## Hand Sanitizer & Cleaning

You may have noticed hand sanitizer is in short supply. Fear not! You can make your own! According to the Center for Disease Control, to be effective, your sanitizer mix **must be at least 60 percent alcohol**. You can safely go above that, but anything less won't sanitize adequately. Ideally start with a bottle of 99% isopropyl alcohol. Liquor, such as vodka, will not cut it!



### Gel Hand Sanitizer, 99% Iso. Alcohol

- 3 parts 99% isopropyl alcohol
  - 1 part aloe vera gel
  - 2-5 drops essential oil such as tea tree oil
- Mix them together and boom! It's ready to use! If you're using 70% alcohol, use 8:1 alcohol to aloe.

Be sure to clean with sanitizing wipes or other cleaners that will kill viruses like Coronavirus, too! If you're using bleach, one cup of bleach can be mixed with one gallon of water for a sanitizing solutions. That's a 1:16 ratio, so you can make smaller batches as long as you keep that in mind.

*For more, go to [wired.com/story/how-to-make-hand-sanitizer/](http://wired.com/story/how-to-make-hand-sanitizer/) Image: Jena Ardell/Getty Images*

## Online Library Resource

You can access library goodies without leaving home!

- **Libby for E-Books and Audiobooks:** Libby is an app for phones, tablets, and e-readers that is totally free!
- **RB Digital for Magazines & Talk:** Read magazines!
- **FlagstaffPublicLibrary.org has Databases and Workshops:** Write, research, and learn!
- **Reading Clubs via Zoom and Social Media:** Join an online book club or stream bedtime stories on social media!

Even during the closures, you can call **(928) 213-2331** or email **[Flagstaffpubliclibrary@gmail.com](mailto:Flagstaffpubliclibrary@gmail.com)** for help connecting or learning more!



## Wise Words from Officer Brown

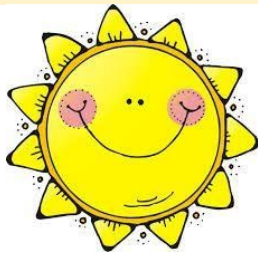
### This Spring Think Prevention!

Throughout the city people are outdoors enjoying the beauty of spring.

Spring can also be a time for crimes of opportunity. The Flagstaff Police Department sees an increase in auto and residential burglaries during the spring and summer months. Unlocked car doors, items in plain view inside vehicles, and open windows create opportunities for crime. Move it or lose it!

With the warmer weather we will be opening our homes doors and windows to enjoy fresh air. Please remember to keep windows and doors closed and locked when you are not home. A simple piece of thick wooden dowel can be placed in the track to prevent a window from being opened wide enough for someone to enter from the outside. The dowel is still easily removable from the inside in case someone needs to exit from the inside during an emergency.

Have a safe and enjoyable spring!



## Learning Resource for Kids

Here are two free resources for students to access education from home:

- ♦ **KAHN Academy and Scholastic** has a library of trusted, standards-aligned practice and lessons covering K-12 through early college, grammar, math, science, history, AP, SAT, and more. Kahn is FREE and offers fun learning for almost every level and subject: [khanacademy.org](https://www.khanacademy.org)
- ♦ **Scholastic** has a FREE *Learn From Home* site for PreK and Kindergarten, Grades 1-2, Grades 3-5, and Grades 6+. Each section is already equipped with one week of content for students with 15 additional days on the way. Workdays include articles, stories, videos, challenges, and virtual field trips! [classroommagazines.scholastic.com/support/learnathome.html](https://classroommagazines.scholastic.com/support/learnathome.html)

## Kids' STEAM Corner:

### Play, Create, & Learn!

Looking for activities to do at home? Check out **[Instructables.com](https://www.instructables.com)**! This site is a repository of projects for tinkerers of all ages. Here is a sampling of project for different age brackets.

### ***Muppet Madness! Arts & Crafts***

[instructables.com/id/Make-a-Muppet-Puppet/](https://www.instructables.com/id/Make-a-Muppet-Puppet/)



**What you'll need:** 24" soft fleece or other material, stuffing, cardboard, black felt, red felt, white fleece, Styrofoam (for eyes), black construction paper, craft

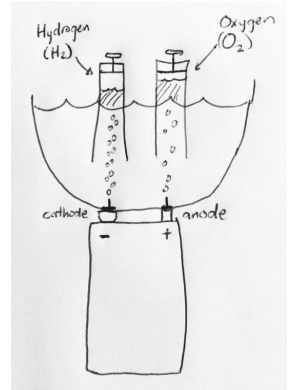
fluff or Easter grass, thin poles. Also scissors, sewing machine or needle and thread, hot glue gun and glue.

**What you're doing:** Making a hand puppet! This is an introduction to sewing machines, stitching, and other common craft materials while making a fun and dexterous creature.

### ***Splitting Water! Chemistry & Physics***

[instructables.com/id/Splitting-Water-the-Easy-Way/](https://www.instructables.com/id/Splitting-Water-the-Easy-Way/)

**What You'll need:** 9V battery, 2 metal thumbtacks (with the flat heads), 2 plastic syringes (no needle, 5-20 mL), clear plastic cup, salt, food coloring (optional), and scissors.



**What you're doing:** Using electricity, you're splitting water into its Oxygen and Hydrogen atoms, then capturing them in the syringes. This is a great intro to electrolysis.

### ***Balance Bot Buddy! Balance, Mass, Rotation***

[instructables.com/id/Build-a-Balancing-Bot-Buddy/](https://www.instructables.com/id/Build-a-Balancing-Bot-Buddy/)



**What You'll need:** 2 wood skewers, 1 toothpick, 1 cork, 2 balls of clay, 2 googly eyes, hot glue, glue gun

**What you're doing:**

Create a self-balancing friend, then see how they adapt to changes!








## Your Story Could be Featured in Next Month's Newsletter!

If you have news of accomplishments, original artwork, poetry, community group news, recipes, or if you just want to see something specific on the next newsletter, we want to hear from you! Send Caleb your stories or suggestions and they may be featured in next month's newsletter!

Stop by the Siler Homes office, email [caleb.alexander@flagstaffaz.gov](mailto:caleb.alexander@flagstaffaz.gov), or call (928) 213-2738.

# April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Trash Pickup</u></b> Clark Homes, Crestview, and Cedar	<b><u>Trash Pickup</u></b> All Sunnyside Scattered Sites  <b><u>Recycling Pickup</u></b> Brannen and Verde	<b><u>Trash Pickup</u></b> Siler, Brannen, Steves, Alta Vista, Lockett, and Verde	<b><u>Recycling Pickup</u></b> Clark Homes, Cedar, and Crestview	<b><u>Recycling Pickup</u></b> Siler, Lockett, Alta Vista, Steves, and all Sunnyside Scattered Sites
<b>Note:</b> This calendar includes deadlines for Brannen Homes, Siler Homes, Clark Homes, and Scattered Sites.		April 1 <b><u>April Public Housing Rent Due</u></b>  <b><u>Clark Homes Rent Due</u></b>	2	3 
6 <b><u>Clark Homes Rent Late Fees Applied</u></b>	7 <b>Clark Homes:</b> Tuesday Crafts and Wednesday Coffee are cancelled in April	8 <b><u>Late fees for rent applied at 8am &amp; late notices sent</u></b>	9	10
13 <b><u>All Week Bulky Trash Pickup:</u></b> Brannen Homes	14	15 <b><u>Last day to turn in Recert. Packets for July by 8am</u></b>	16 <b><u>Tax Day has been postponed to July 15</u></b>	17 
20 <b><u>All Week Bulky Trash Pickup:</u></b> Clark Homes, Crestview, & Cedar	21 	22 <b><u>Last day to pay rent to avoid court action</u></b>  Earth Day	23 	24 <b><u>Last day, by 8am, to report changes for March rent decrease</u></b>  Arbor Day
27 <b><u>All Week Bulky Trash Pickup:</u></b> Scattered Sites, Siler, & Greenlaw	28	29	30 <b><u>Clark Homes Recertifications Due</u></b>	May 1 <b><u>May Public Housing Rent Due</u></b>  <b><u>Clark Homes Rent Due</u></b>

## May's Rent Dates

Late fees applied: By 8:00 am on Friday, May 8th

Last day to pay rent to avoid court action: By 8:00 am on Friday, April 22nd